

The New-Puppy Checklist

Everything to buy, set up, and teach in week one.



01

BEFORE PICKUP

Stock the essentials before your puppy walks through the door.

- ☐ Right-sized crate with a divider
- ☐ Exercise pen or gated puppy zone
- ☐ Food and water bowls (stainless steel)
- ☐ The same food your breeder or shelter used
- ☐ Flat collar and ID tag
- ☐ Lightweight 6-ft leash
- ☐ A few safe chew toys for teething
- ☐ Enzyme cleaner for accidents
- ☐ Puppy pads (if using)
- ☐ Soft, washable bed
- ☐ Poop bags
- ☐ Small training treats

02

DAY ONE

Keep the first day quiet and calm.

- ☐ Keep visitors to a minimum
- ☐ Show the potty spot first
- ☐ Introduce the crate positively
- ☐ Let your puppy sleep (18-20 hours)
- ☐ Begin the potty routine
- ☐ Offer water and supervise closely

03

FIRST SKILLS

Start small. Celebrate every win.

- ☐ Name recognition
- ☐ Sit
- ☐ Come when called
- ☐ Settle in the crate
- ☐ Potty on cue
- ☐ Gentle mouth / no biting

04

WEEK ONE ROUTINE

Consistency now makes the next few months easier.

- ☐ Feed 3-4 times on a set schedule
- ☐ Potty after meals, naps, play and bedtime
- ☐ Reward every outside potty right away
- ☐ Begin gentle crate training
- ☐ Teach their name and a happy "come"
- ☐ Keep training positive: 2-5 minutes
- ☐ Book the first vet visit
- ☐ Start careful, safe socialization



PRINT IT. CHECK IT OFF. KEEP IT ON THE FRIDGE.

A simple plan beats a perfect plan - one calm step at a time.